

Monday

Tuesday

Wednesday

Thursday

Friday

 <h1>July 2021</h1> <p>Meals on Wheels served by the Homewood Kitchen</p>						Turkey Cutlet with Gravy Cranberry Sauce Glazed Carrot Coins Bread Stuffing Vegetable Medley Assorted Juice Ham Salad Tossed Salad with Dressing Fresh Orange	1	Bread Stuffed Chicken French Style Green Beans Whipped Sweet Potatoes Assorted Juice Sliced Turkey Sandwich Raw Vegetable Plate with Dressing Fresh Fruit Cup	2
HOLIDAY	5	Beef Pot Roast with Gravy Shoepeg Corn Kidney Beans Assorted Juice Hummus Pickled Beet Salad Lettuce/Tomato/Cucumber Rye Bread, Saltine Crackers Fresh Fruit Cup Assorted Dessert	6	Pork Loin Roast with Gravy Whole Bean Blend Baked Sweet Potato Seasoned Spinach Assorted Juice Egg Salad Fresh Orange Carrot and Celery Sticks Rye Bread Cinnamon Applesauce	7	Chicken Alfredo Vegetable Du Jour Fettuccini Noodles Baby Carrots Assorted Juice Sliced Turkey Sandwich Marinated Vegetable Salad Canned Fruit Fresh Apple	8	Glazed Ham with Raisin Sauce Parslied Cauliflower Green Peas Seasoned Corn Seasoned Green Beans Assorted Juice Pickled Egg Lettuce and Tomato, Potato Salad Rye Bread, Saltine Crackers Peaches, Fresh Apple	9
	12	Chicken Parmesan Broccoli Linguini Assorted Juice Mixed Beans Tossed Salad with Dressing Cucumbers Rye Bread, English Muffin Peaches Fresh Grapes	13	Boneless Pork Chop with Gravy Sauerkraut Red Skin Whipped Potatoes Baked Split Peas Assorted Juice American Cheese Sandwich Sliced Tomatoes on Lettuce Fresh Fruit Cup	14	Baked Fish with Lemon Wedge Zucchini Casserole Scalloped Potatoes Buttered Beets Assorted Juice Mixed Bean Salad Rye Bread Saltine Crackers Fresh Orange Assorted Dessert	15	Steak Diane Harvard Beets Wide Noodles Vegetable Medley Assorted Juice Tuna Salad Marinated Vegetable Salad Pears Canned Fruit	16
19	Boneless Grilled Chicken Breast Baked Sweet Potato Baby Carrots Assorted Juice Mixed Beans Tossed Salad with Dressing Rye Bread English Muffin Fresh Apple Fruit Cup	20	Fish of the Day with Lemon Italian Blend Vegetables Baked Spit Peas Stewed Tomatoes Assorted Juice Egg Salad Broccoli Salad Peaches Fresh Apple	21	Penne Pasta with Meatsauce Parmesan Cheese Parslied Cauliflower Seasoned Spinach Assorted Juice Chili Bean Dip Carrot and Celery Sticks Cucumbers Rye Bread, Saltine Crackers Applesauce, Fresh Fruit Cup	22	Chicken Marsala Baby Carrots Parslied Red Skin Potatoes Seasoned Green Beans Assorted Juice Tuna Salad Cranberry Sauce, Cole Slaw Rye Bread Fresh Orange Assorted Dessert	23	Beef Pot Roast with Gravy Pot Roast Vegetables Vegetable Medley Baked Beans Assorted Juice Sliced Turkey Sandwich Lettuce and Tomato Peaches Fresh Fruit Cup
26	Maryland Style Fish Seasoned Green Beans Au Gratin Potatoes Assorted Juice Mixed Beans Cole Slaw Celery Sticks Rye Bread, Saltine Crackers Peaches Fresh Grapes	27	Shredded BBQ Beef Sandwich Seasoned Spinach Baked Beans Assorted Juice Cottage Cheese with Applebutter Sliced Tomatoes Tossed Salad with Dressing Macaroni Salad Canned Fruit Fresh Orange	28	Roast Turkey with Gravy Cranberry Sauce Mixed Vegetables Apple Bean Bake Broccoli Assorted Juice Pickled Egg Pickled Beet Salad English Muffin Pears, Fresh Fruit Cup	29	Hawaiian Ham Steak California Blend Vegetables Candies Sweet Potato Assorted Juice Sliced Turkey Sandwich Marinated Vegetable Salad Lettuce and Tomato Rye Bread Cinnamon Applesauce Peaches	30	Roasted Thyme Chicken French Style Green Beans Red Skin Whipped Potatoes Gravy Assorted Juice Hummus Cucumbers, Carrot Sticks Saltine Crackers Fresh Fruit Cup Assorted Dessert

Frederick County Meals on Wheels – Menu subject to change. 2% Milk and Whole Grain Bread are served with all meals unless noted.